# Welcome to Live Longer Better: National Thought Leadership Event – The Great Escape

#### Webinar Housekeeping









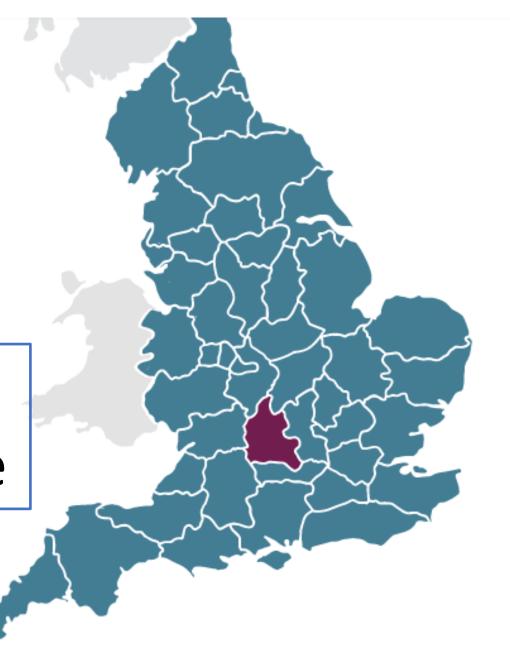




- You are automatically set on 'mute' throughout this webinar.
- Utilise the 'Chat' facility to share your contact details or to add to the discussion.
- Use speaker view when speakers are presenting
- Please submit any questions into the Q&A facility throughout the event. This will be monitored and as many questions as possible will be posed to the speakers (as time allows) during the Q & A panel session at the end of the event.
- This webinar will be recorded. By staying in this webinar, you consent to be included
  in the recording.
- At the end of this event, you will have an opportunity to complete a very quick anonymous survey. This will appear on your screen once you leave Zoom.
- Presenters' slides and a recording of this event will be available on the Active Partnerships website next week: <u>www.activepartnerships.org</u>



An active lifestyle is the social norm for everyone





# Our Core Purpose is to create the conditions for an Active Nation



# **Developed a Community of Practice & Learning**

## The key drivers:

- >80s population will double within 10 yrs
- Majority >65 experience poor health for more than half their remaining years
- COVID-19 has exacerbated these issues & laid bare the urgency of improving the state of ageing

### A Revolution is required, and we must act now to:

- Shift public & professionals' perceptions of ageing
- Create a new culture from care to enablement
- Use physical activity as the driver to increase healthspan for older adults

#### **Live Longer Better**

10 organisations represented

National Advisory Network Community of Practice & Learning

- 20 APs
- Bespoke roadmaps

Website

- Teams Channel
- Online learning platform

Resource Bank National
Thought
Leadership
Events

- 4 events
- 20+ speakers
- 1000+ attendances

#### Thank you for attending this Live Longer Better event

- A recording of this event together with slides, will be available on the Active Partnership website next week: <a href="https://www.activepartnerships.org">www.activepartnerships.org</a> The link will be sent directly to you.
- Please complete the anonymous survey that will appear on your screen once you leave Zoom. (Thank you!).
- What will you do next?
  - Follow-up your local connections and have conversations.
  - Develop your networks.
  - Join the cultural revolution!

#### 'Live Longer Better – a Community of Practice and Learning'

**Contact us for more details:** 

<u>dweekes@activepartnerships.org</u> annieholden@activeoxfordshire.org